

2018 Warrior Relays

Saturday, March 24th

Schedule:

8:30-9:00am

Scratch Meeting

9:00am

Coaches Meeting

9:30am

3200M Run Finals

10:15am

Running Prelims (as needed)

400M Relay
100/110M Hurdles
100M Dash
400M Dash
300M Hurdles
200M Dash

11:00am

Field Events

3 attempts - top 7 to finals - except High Jump

Triple Jump (Girls)

High Jump (Boys) - 5'2"

Discus(Girls)

Shot Put (Boys)

Long Jump (Boys)

12:15pm

Field Events

3 attempts - top 7 to finals - except High Jump

High Jump (Girls) - 4'4"

Triple Jump (Boys)

Shot Put (Girls)

Discus (Boys)

Long Jump (Girls)

1:30-2:30pm

Lunch

2:30pm

Running Finals - or 1 hour after field events finish

4 X 100 M Relay
800 M Run
100/110 Hurdles
100 M Dash

4 X 200 M Relay
400 M Dash
300M Hurdles
200 M Dash
1600 M Run
4 X 400 M Relay